

How do I get a health check?



Your doctor may send you a letter asking if you would like a health check

Or

You can ask your doctor or nurse for a health check.

What happens after the health check?



Information from your health check could be added to your **health action plan**.

If you do not have a health action plan this could help you to start one.

You will be given a copy of your health action plan.



If you would like any more information, please telephone the Community Nursing Team.

Phone: 020 8928 8300

Waltham Forest Community Learning Disability Team

Your G.P Annual Health Check



Anyone with a learning disability can have a check up at their doctor's each year.

This is called an **Annual Health Check**.

This leaflet tells you about having a health check.



A health check is a good way for your doctor to make sure you are fit and healthy.

You can go on your own, or you can take a carer or family member with you.

What will happen when you have your health check?



Your doctor or nurse will give you the health check, which could take about 40 minutes.

You will be asked some questions about your health, like;

How you are feeling

If you have any health problems

About your diet and exercise

If you smoke or drink alcohol

Your Sexual Health

You vaccinations



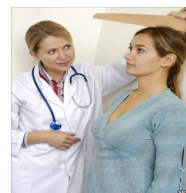
If you agree your doctor or nurse may check your;



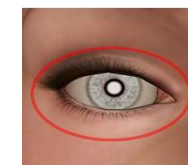
Blood pressure



Weight



Height



Eyes



Ears



Heart



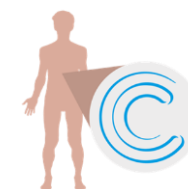
Urine Sample



Medication



Blood Sample



Cancer Screening



Having an **Annual Health Check** can help you to stay well.